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Step Count Challenge 2014

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STEP COUNT CHALLENGE 2014

Results of a research study examining changes in physical activity and motivation for walking following an 8-week workplace walking intervention

RESULTS

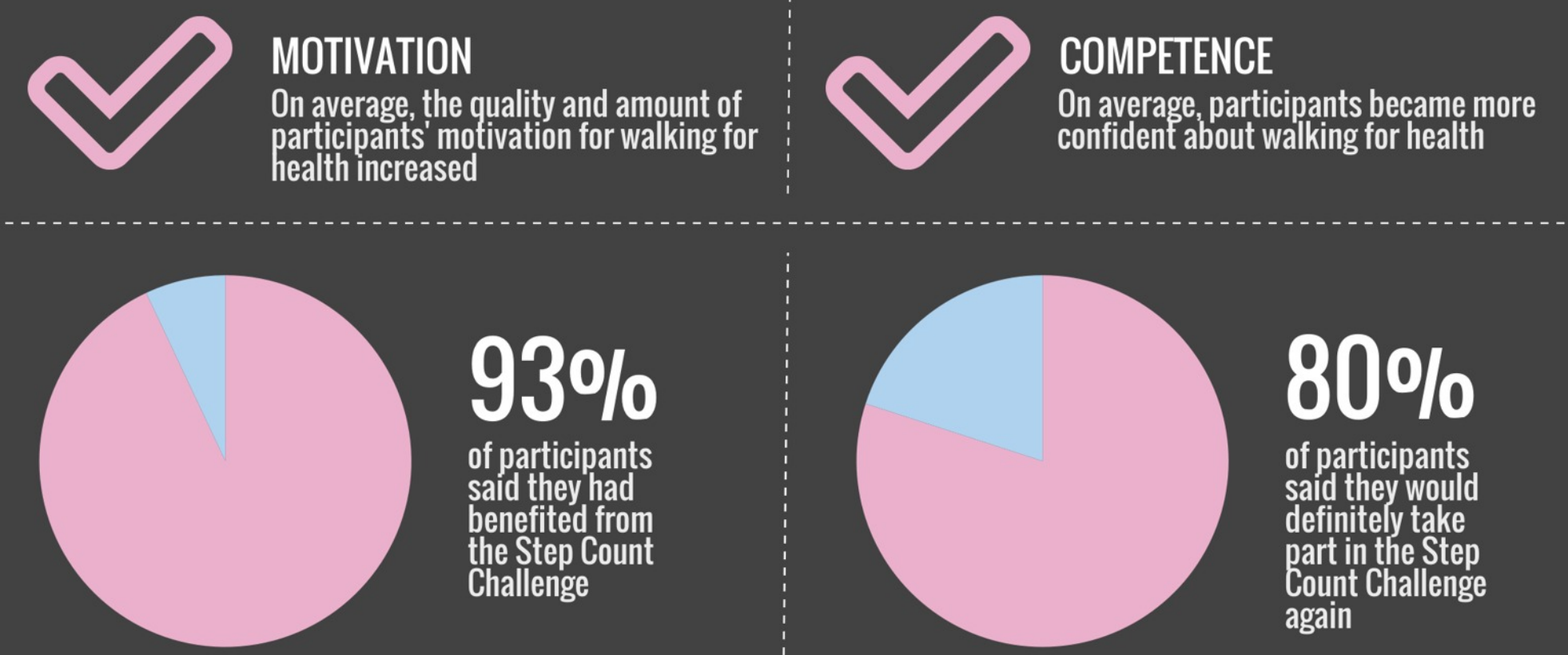
The participants in the study reported an increase in walking and a decrease in sitting time



One of the aims of the challenge is to support participants in reaching the Scottish Government's recommendations for physical activity



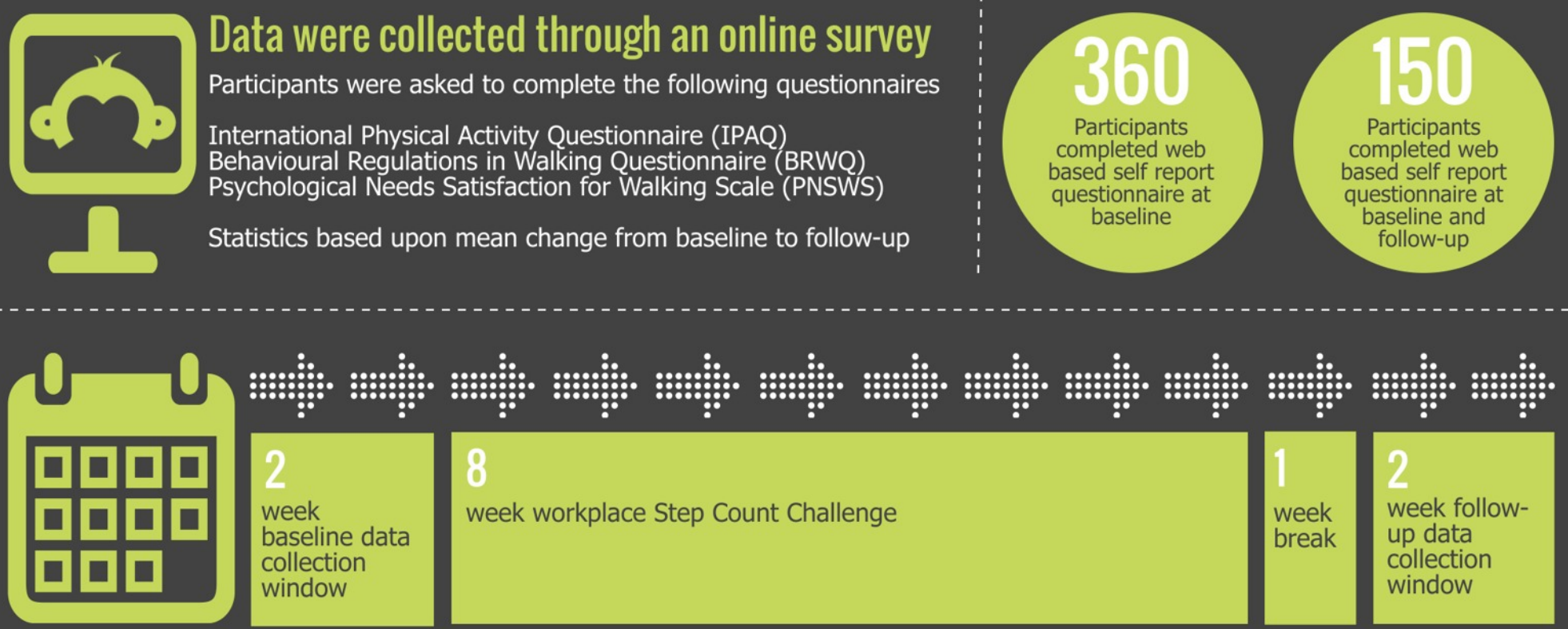
REPORTED BENEFITS



MOST FREQUENTLY REPORTED BENEFITS



METHODOLOGY AND DATA COLLECTION



PARTICIPANT DEMOGRAPHICS

We targeted participants who identified themselves as low active and who were joining the Step Count Challenge to increase their physical activity, primarily through walking



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